

Enjoy peace of mind. SDART preparing today.

Choosing comfort over inconvenience

Coping with the impact of a disaster is never fun. However, much of the inconvenience and discomfort the disaster causes can be reduced by planning alternative ways to take care of your needs.



Acquiring emergency supplies

At first glance, the list below may seem totally overwhelming. At second glance, you'll find that you probably already have many of these items.

✗ Check those items you already have.

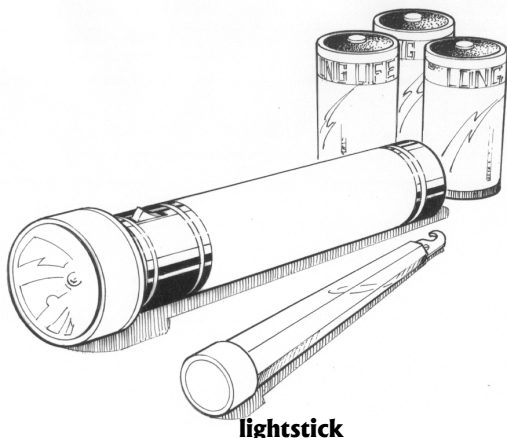
○ Circle those you don't have, but are important to the comfort of you and your loved ones.

✍ Choose two of those circled, and add them to your weekly shopping list.

Lighting

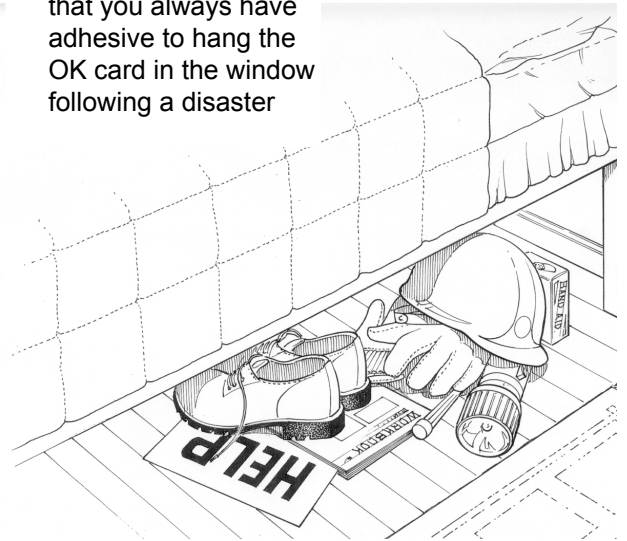
Caution: The use of candles is no longer recommended as a source of emergency light. Experience shows they are responsible for too many secondary fires following the disaster. Additionally, they are very dangerous in the presence of leaking natural gas.

- flashlights and extra batteries
- camping lanterns – store extra fuel, wicks, mantles and matches
- lightsticks – these can provide light for 1 to 12 hours and can be purchased at many camping supply stores



Critical under-the-bed items

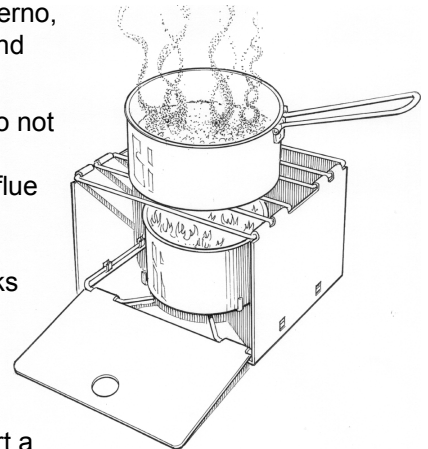
- sturdy shoes - keep a pair near the bed to protect your feet from broken glass
- work gloves, preferably leather, to protect your hands from broken glass
- hardhat - to protect you from falling objects
- flashlight & light sticks
- an OK / Help card and a few bandaids so that you always have adhesive to hang the OK card in the window following a disaster

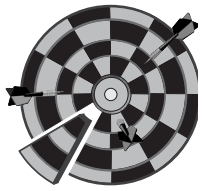


Cooking

Caution: Never burn charcoal indoors. This could cause carbon monoxide poisoning.

- camp stoves, sterno stoves, or barbecues – store extra propane, charcoal or sterno, lighter fluid, and matches
- fireplaces – do not use until the chimney and flue have been inspected for cracks. Sparks may escape into your attic through an undetected crack and start a fire.
- paper plates and cups
- plastic utensils





Sanitation

The lack of sanitation facilities following major earthquakes can quickly create secondary problems unless basic guidelines are followed. If the water lines are damaged, or if damage is suspected, do not flush the toilet.

Avoid digging holes in the ground and using these. Untreated raw sewage can pollute fresh ground water supplies. It also attracts flies and promotes the spread of diseases.

- Store a large supply of heavy-duty plastic bags, twist ties, disinfectant, and toilet paper.
- A good disinfectant that is easy to use is a solution of one-part liquid bleach to ten-parts water.
Dry bleach is caustic and not safe for this type of use.
- If the toilet is *not* able to be flushed, it can still be used. This is less stressful for most people than using some other container. Remove all the bowl water. Line bowl with a heavy-duty plastic bag. When finished, add a small amount of deodorant or disinfectant, securely tie the bag, and dispose of it in a large trash can with a tight fitting lid. This large trash can should also be lined with a sturdy trash bag.
Eventually, the city will provide a means to dispose of these bags.

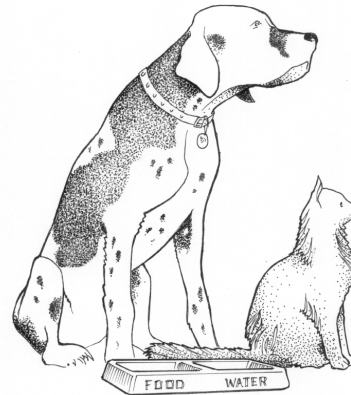
- Portable camp toilets, small trash cans, or sturdy buckets lined with heavy-duty plastic bags can be used. Those with tight fitting lids are best.
- Large ziplock plastic bags and toilet paper should be kept at work and in the car for use if you are away from home. These can be wrapped in newspaper in preparation for future disposal.

Shelter

It is common for people to not want to sleep in their homes for the first few days following a major earthquake. Having an alternate means of shelter will help you and your family be as comfortable as possible.

- tent or waterproof tarp
- sleeping bags or blankets, and pillows
- rain gear
- mylar blankets are compact and easy to store
- newspapers provide insulation from the cold or heat

Pets



Always keep a week's supply of food and water for your pet on hand.

- toilet bowl water is an excellent supply of water for pets following an earthquake

Emergency information

Obtain a battery-powered radio and a supply of extra batteries.

The Seattle Emergency Alert System (EAS) stations are:

KIRO – AM 710
FM 100.7
KOMO – AM 1000
KNWX – AM 770
KVI – AM 570

